

HYGIENE OF THE HOUSEHOLD

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“ Forenoon and afternoon and night,
Forenoon and afternoon and night,
Forenoon and—what!
The empty song repeats itself. No more?
Yea, that is Life: make this forenoon sublime,
This afternoon a psalm, this night a prayer,
And time is conquered and thy crown is won.”

E. R. SILL.

SUMMER has left us, the day of dreams is past, and woman's world is alive with preparations for winter.

The *dolce far niente* of the past three months is put aside with a resolute hand, and the busy woman, who has dreamed away the summer days in blissful unconsciousness of household cares, wakes up these cool, crisp mornings with a thousand and one plans surging through her brain.

Up and doing is the watchword, but before the doing let us take a brief glance at the best way our “home-maker” may fit herself for the winter's work.

There is always one central figure in every home,—the queen bee, without whom the hive would be a sorry failure,—our “home-maker or home-mother,” the one who ought to be considered first, not last, in the household. Most mothers will put this suggestion aside with a smile, as they have put themselves aside for years; but consider for a moment. Here you are, ready for the winter's campaign, cheery, healthy, full of hope and ambition. Why? Because you have taken a little care of yourself the last three months, have rested daily, entered into the amusements of the family, read interesting books, and perhaps taken a trip to nature's pleasure palace; and behold! the world has become new, energy is once more a part of your being, and the winter's work and the winter's worry a thing of nought.

Now I maintain that, with a little forethought, every “home-mother” may keep at least some part of this buoyancy throughout the year, and what a wonderful difference it would make in the home life!

But how may we attain this end? First comes the thought that a woman must be in good condition physically—as the physical part of our being has a tremendous influence over our higher selves—if she would do her work in the very best way. Every illness we have, from a nervous

headache to a severe disease, takes away somewhat of our remaining health and youth, and each time our vitality is taxed a little more to recover its tone. So, if we value our health, let us prevent, or—as the old translation has it—“go before,” in the matter of caring for our bodies, and not permitting them to be receptacles for disease.

In looking back at the history of our Dutch ancestors, when “*they* were the people” in New York, one cannot help but remark the wonderful health and strength of the men and women, the vast amount of work they accomplished, and the small need they had for doctors, nurses, or medicines throughout their long lives. And side by side with these facts comes the history of their daily life, lived in great simplicity, with plain, wholesome food, plenty of fresh air, immaculate cleanliness in person and home, at least eight hours sleep nightly, and some time always provided for improving the mind.

It is all very well for the mother of the family in these busy days to think that it matters not how little she sleeps, or what time she devotes to eating, dressing, rest, or recreation, as long as the children are well cared for and the domestic economy runs smoothly: even should she be too unselfish to care about her own well-being, she must realize that no machine—least of all the human machine—will do its work well if all the parts are not kept in perfect order.

In a large majority of cases where women break down with nervous prostration, nervous exhaustion, nervous dyspepsia, etc., the foundation of trouble is laid by the want of plain common-sense in the arrangements of their daily life.

Eight hours out of the twenty-four is the smallest allowance the busy mother ought to devote to sleep. If it be necessary to be up at six o'clock, make it a rule, when possible, to be in bed (not going up to get ready for bed) at ten o'clock. Even with all the volumes that have been written on the value of fresh air, few people seem to realize what it means to have thorough ventilation in their bedrooms. Because they have always slept with the windows closed, and are so tired when night comes that they would sleep under any circumstances, they shut their eyes to the greater good to be derived by plenty of fresh air in the room winter and summer.

It is hardly too much to say that sleep without fresh air is of very little lasting good to the system. Steam heat should always be turned off at night in the bedroom, and single beds provided when possible for the different members of the family. When ready for sleep, resolutely put aside all household cares and worries, relax the whole body, beginning with the jaw, which is generally held tightly closed, and it will not be long before sleep gathers you in its arms of oblivion and rest.



ECZEMA CAP AND MASK—FRONT VIEW



ECZEMA CAP--SIDE VIEW

Don Quixote had a deep sense of the blessing of sleep when he said:

"May blessings rest on him that first invented this same sleep. It covers a man all over, thoughts and all, like a cloak. It is meat for the hungry, drink for the thirsty, heat for the cold, and cold for the hot. It is the current coin that purchases all the pleasures of this world cheap, and the balance that sets the king and the shepherd, the fool and the wise man, even."

Next in order comes the care of the person. No matter how limited the time for dressing, we cannot afford to dispense with a sponge-bath (ten minutes will suffice), and another five minutes devoted to a few simple physical exercises, with half a dozen deep breaths—holding the breath while you count ten—thrown in, will dispel that tired feeling the majority of "grown ups" experience on awakening in the morning, besides invigorating one for the day's work. Hair neatly arranged, and a simple house dress put on with care, give every woman a feeling of self-respect that diffuses itself throughout the household and is a pattern even to the maid-of-all-work, for should the mother of the family appear at the breakfast table in a shabby dressing-gown and (shall we whisper it) curl-papers, the whole house feels more or less demoralized.

(To be continued.)

ECZEMA CAP AND MASK

BY JESSIE McCALLUM

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A PRACTICAL and simple method of keeping in place a head-dressing is one which has been in use for some time in the babies' wards of the New York Post-Graduate Hospital. It is particularly useful for application over a dressing which must be frequently changed, being much more quickly applied than a bandage, and has also been found to answer well in cases of pediculosis. It is, however, especially adapted to cases of eczema of the face or scalp in children.

It is made of one piece of gauze, full width, and about twenty-four inches in length, one selvage-edge being folded over the other about two inches, and is applied so as to envelope the entire head, forward as far as the face, the two ends of the under selvage-edge being tied under the chin, while the other two are carried around the neck and fastened behind.